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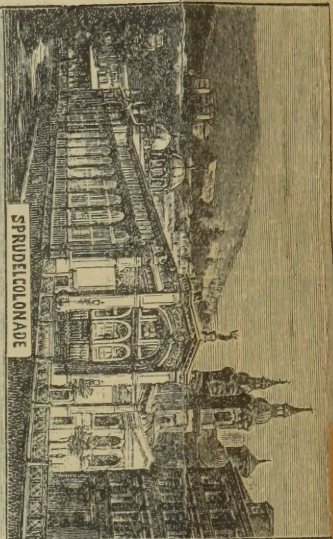
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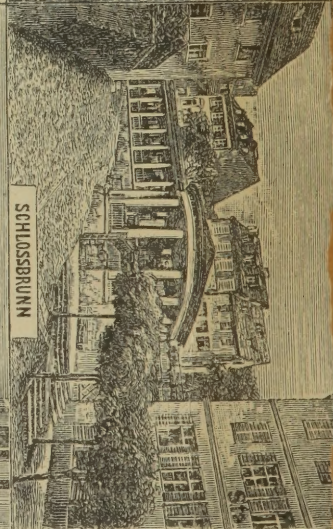
MINERAL
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CARLSBAD SPRINGS.

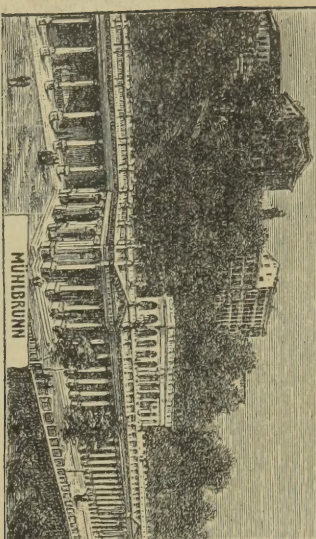
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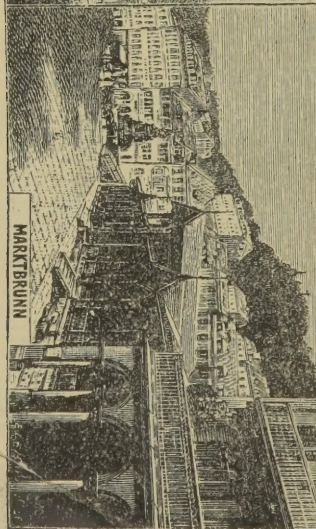
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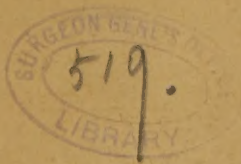
MÜHLBRUNN



MARKTBRUNN

THE ACTION
—OF THE—
Naturel Mineral Waters
—OF—
CARLSBAD.

HISTORY,
THERAPEUTICAL ACTION,
DIRECTIONS FOR USE, ETC.



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CARLSBAD.

HISTORY.

Tradition says, that Emperor Charles IV, while deer hunting, discovered these springs. This tale in its particulars was not known until 1571, when Dr. Sommer published it in his book on Carsbad; the author, however, claims to have received this information not from manuscripts, but from inhabitants of that country. There is no reason to doubt that the discovery was made by some distinguished man, when out on a hunting expedition, and even denying that this man was Charles the Emperor, the tale does not lose any of its interest for there are reasons to believe that these springs were not only known long before, but that there was already a resort called "Wary" existing, which Bohemian expression signifies "a warm bath." This name which is found on a map sketched at the beginning of the 13th century, points out exactly the spot at which Carlsbad is now situated.

DIFFERENT SPRINGS.

There are sixteen springs at Carlsbad, differing only in the temperature of their waters. All of them are supposed to arise from a common reservoir, which is probably situated beneath the "Sprudel." The granite basin surrounding the spring is filled out in a vault-like manner by the solid constituents deposited from the water. This deposit is called "Sprudelstein." This sediment in some places is two to nine feet in thickness, in other places three different layers have been pierced. The sediments include larger and smaller caves, empty or full of hot water, some of which are very extensive and situated in the environs of the river, upwards and downwards from the "Sprudel." The depths of these vaults varies from two inches to eighteen yards. One of this size was struck when digging for the foundation of a house, a second layer of sediment was removed and the water rushed forth with great force from an opening eight inches in diameter.

The names of the different springs are: —
 Sprudel, 166° F.; Bernhardsbrunnen, 151° F.;
 Kurhausquelle, 146° F.; Neubrunn, 130° F.;
 Felsenquelle, 140° F.; Schlossbrunn, 130° F.;
 Mühlbrunn, 133° F.; Theresienbrunn, 140° F.;
 Marktbrunn, 122° F.; Kaiserbrunn, 120° F.; Spitalbrunn, 84° F.; Kaiserquelle, 102° F.

PHYSICAL AND CHEMICAL PROPERTIES.

It need not be explained how Carlsbad gradually grew to its present medicinal importance, and how it came to be awarded the first place amongst all medical springs, but it may suffice to

be briefly mentioned that during the first period, beginning about the 14th or 15th century, the waters were only used for bathing purposes. It was not until the year 1520 that people began to make use of them in the present way, induced by the counsel of Dr. Wenzel Payer, at that time physician to Count Schlick, who having been cured by the hydropathic remedies, had two medals coined in honor of the Doctor.

The first examination of the physical and chemical properties of the Carlsbad Mineral Waters took place more than one hundred years ago, and from that time the therapeutical value and importance of the springs began to be recognized. The present chemical constituents are exactly the same as they were then.

Chemical Properties. — All these springs contain the carbonate of iron manganese, magnesium, calcium, lithium, potassium and sodium sulphates, sodium chloride, sodium fluoride, sodium phosphate and calcium phosphate, silica and alumina, carbonic acid half-bound and free, and traces of rubidium, caesium, thallium, and of volatile organic matter. The chemical composition of all these springs being the same, with the exception of those divergencies which arise from a difference in temperature, there can be no doubt that the medical effect of all of them is the same.

ANALYSIS OF THE CARLSBAD SPRUDEL, BY PROF. E.
LUDWIG AND PROF. J. MAUTHNER, 1866,

Carbonate of Iron.....	0.030
Carbonate of Manganese.....	0.002
Carbonate of Magnesium	1.665
Carbonate of Calcium.....	3.214

Carbonate of Strontium	0.004
Carbonate of Lithium.....	0.123
Carbonate of Sodium	12.980
Sulphate of Potassium	1.862
Sulphate of Sodium	24.053
Chloride of Sodium ..	10.418
Fluoride of Sodium.....	0.051
Borate of Sodium	0.050
Phosphate of Calcium.....	0.007
Oxide of Aluminium.....	0.004
Silicic Acid	0.715
Carbonic Acid, partly combined....	7.761
Carbonic Acid, free.....	1.898
Caesium, Rubidium, Thallium, Zinc, Arsenic Anti- mony, Selenium, Formic Acid, Undeterminable organic matter..	} Traces.
Amount of solids	
Specific gravity	1.00530
Temperature in Ce	0.072

The effect of the waters on the human system is as follows: Two or three tumblerfuls cause a comfortable feeling of warmth, beginning from the stomach and spreading all over the body. Two or three tumblerfuls, in most cases three to five will, soon after drinking, or at least one hour afterward, produce one or several stools, in most cases preceded by a painless rumbling in the abdomen. But not in all cases do such evacuations occur in the course of the first day. Intestinal evacuations mostly become darker in color and occur two or three times a day in the course of the cure. Sometimes in the second or third week copious evacuations will set in, followed by constipation for one or two days, or by regular stools. Evacu-
 ations sometimes even assume a black appearance, this colour, however, disappears by degrees. Secre-
 tion of the urine is increased, the water becoming clear and light colored and occasionally assuming

a disagreeable odor. In many cases urine, which previously had a sour reaction, after some weeks becomes neutral. Secretion of urea and uric acid has by experiments been ascertained to decrease, discharge of phosphoric acid bound to alkalis on the contrary increasing. Perspiration is generally augmented, but sometimes has a disagreeable odor. Appetite increases in the beginning, taste normal, thirst commonly increased. A stronger development of gases in the digestive channel causes tasteless and scentless evacuations from the stomach, and the discharge of offensive borborygmi from the bowels. The female patient's menstruation during the cure is frequently somewhat retarded, less-frequently forwarded, discharge of blood diminished. At first there is a feeling of numbness and disinclination to cerebration, but this condition soon changes into a pleasant easiness, which permits long and not fatiguing exercise, the mind cheers up and the spirits become exhilarated. These symptoms of course do not appear with all patients, many of whom can only state, that their stools have become easier and the desire to urinate more frequent.

Professor Hlawazek gives the following representation of the effect of the Carlsbad Mineral Waters: "What we have positively ascertained is, that Carlsbad Water in a high degree promotes organic changes in the system; that principally by its alkaline constituents, it acts as an absorbent of fat and as an antacid throughout the organism, and that it performs this wholesome action by stimulating, augmenting and chemically altering the whole process of secretion."

Carlsbad Water is in no sense a mere purgative, as most people believe, but is an ALTE

RATIVE and **ELIMINATIVE** remedy, which dissolve tenacious bile, allays irritation and removes obstruction **BY AIDING NATURE**, and not by sudden and excessive stimulation, as most cathartic remedies do. Its action is certain and a cure when effected is permanent. Not infrequently patients have to use the Carlsbad Sprudel Salt, in addition to the water, as a laxative.

Dr. B. HOFMEISTER read before the Medical Society of London a paper on the use of „**CARLSBAD WATER**“, of which the following is an abstract;

„In speaking of those diseases, in which the use of Carlsbad Water is indicated, I will confine myself to those in which evidence is given for thoroughly established usefulness.

“First are to be mentioned diseases of the stomach, among them and above all the true Chronic Catarrhal Inflammation, with substantial changes of the mucous membrane, with ulceration and gathering of stringy and often somewhat offensive mucus.

“The unnatural motions of the stomach causing pressure and belchings, the irritation of the intestines resulting in catarrh of the bowels, and the inflamed mucous membranes are the most fruitful of all known causes of disease. Out of them grow most kidney and liver troubles, diabetes, all rheumatic affections and gout. I have found, that the unnatural motions of the stomach cease, the intestinal troubles become soothed, and health results from the use of Carlsbad Water. The diuretic effect of this water, its quit action upon the lining

of the stomach, and its healing power upon the inflamed intestines arde beyond all praise."

GOUT is well recognized as arising from excess of uric acid in the blood. This theory is supported by the FAVORABLE ACTION of the Carlsbad Waters.

Dr. LUSTIG of Teplitz issued a pamphlet wherein he recognized the great efficacy of Carlsbad Waters in RHEUMATISM, both acute and chronic, when taken COLD.

1. *Carlsbad possesses the following curative influence:*

(a) By its direct effect upon the **stomach** and **digestive canal** it exercises a **soothing, altering action** on the **nerves of the stomach**, hence the increased **appetite**, and therefore the feeling of comfortable warmth spreading throughout the whole body.

(b) Healing in certain ulcerations in the mucous membrane of the stomach and duodenum. „*This effect*," says Prof. Kraus, „*is a really sovereign and justly called a specific one.*"

(c) Neutralizing the free acid contained in the stomach.

(d) Evacuating in a mild way, partly by accelerating peristaltic movements of the bowels, partly by diluting the contents of the intestines, such as mucous and bile, partly by increasing secretion of the intestinal juices Hence copious evacuations are not uncommon at the beginning of the use of the water.

2. *By reception into the circulation of the system it acts as an eliminative:*

(e) Diluting and **dissolving** the **tough, thickened bile** in the gal bladder, and even soft cal-

culi contained in this organ; moreover, it acts on the blood in the circulation, especially that in the portal system; layers of fat in the tissue of the skin especially enlargement of the liver, caused by them, are absorbed and fibrous products of inflammation dissolved.

(f) Correcting many morbid decompositions of juices, viz: of blood and lymph, principally that deficient composition of blood which is associated with a high inclination to form urea, uric acid and concrements containing it. *In this respect Hufland is fully justified in claiming Carlsbad Water to be the most vigorous stone-dissolving and evacuating medicament.* This effect either appears slowly without marked evidence of increased secretion, or it is associated with various excretions, such as copious evacuations of the bowels, frequent offensive sweats and abundant quantities of urine, which may be clear or turbid and also has an offensive smell and deposits sediments of various kinds.

(g) By its diuretic qualities, sometimes in a mechanical way, it effects the passage of even bean-sized urinary calculi, and removes the deposits of gravel.

(h) The experience of Prof. Jacksch, that one of the most prominent effects of Carlsbad Water consists in the absorption of flesh and old exudations, especially those of the pleura and peritoneum; this depends upon the diuretic action of the water which will prove efficient in all tumors originating from exudations and in the various maladies produced by them.

The chief diseases in which the natural Carlsbad Waters have proven of inestimable value are therefore:

Catarrh of the Stomach (Gastritis).	Habitual Constipation.
„ „ Bowels (Duodenitis).	Torpid Liver.
„ „ Bladder (Cystitis).	Jaundice.
„ „ Large Intestine (Dysentery)	Dyspepsia.
	Diabetes Melitus.
Dilatation of the Stomach.	Diarrhoea (when taken hot).
Ulceration of the Stomach.	Chronic Eczema.
Calculi, Renal, Cystic or Billiary.	Hermorrhoides (Piles).
(Stone in the Kidney, Bladder or Bile Ducts).	Hysteria.
Rheumatism.	Melancholia.
Gout, and Gouty Rheumatism.	Early Stages of Brights Disease.
	Obesity.

CARLSBAD WATER AS AN APERIENT.

Carlsbad Water is **most effective as an aperient** when taken two tumblerfuls in the morning, immediately after rising, and one tumblerful before retiring at night. To increase the aperient action of the Carlsbad Water, a teaspoonful of the genuine imported Carlsbad Sprudel Salt should be added to the first tumblerful taken in the morning. Patients suffering from liver complaints, arthritis, renal and billiary calculi need a greater quantity of water, and should drink at least two to three tumblerfuls after rising, one to two an hour before dinner and one to two at bed time.

Prof. Hlawazek, has proven by clinical experiments, that the Waters of Carlsbad act in the same manner when taken at home as if taken at the spring, and their remedial action is not impaired by export. The temperature can be given them at will. Even when taken cold the effect is the same, only depending on the patient's disposition or idiosyncrasy. The results obtained by Prof. Hlawazek, and published in his extensive works on Carlsbad, proved

beyond a doubt, that the Carlsbad Mineral Water as exported in bottles, will act precisely the same as when taken at the spring.

DIRECTIONS FOR USE.

The quantity to be taken depends upon the individuality of the patient. It may be said that too much has been taken when slimy, watery stools are ensuing; that quantity is the best which produces pappy evacuations. The water should be taken slowly in small draughts. Two tumblerfuls early in the morning before breakfast, and one or two tumblerfuls during the day (never directly before or after meals), generally suffice. Free movement is one of the principal conditions particularly for those people whose sickness chiefly was caused by a sedentary life. Suitable muscular activity promotes the excretion of the products of decomposition accumulated in different parts of the body by inactivity. Exercise, consisting of walking, etc., should be moderate, and adapted to the condition of the patient. It must not be forgotten, however, that even bedridden patients may drink the water with happy results. These patients require smaller doses, according to circumstances.

The diet, while using Carlsbad Water should be meagre in quantity and quality, because abundant fatty food frequently induces sufferings against which the use of the water is intended. Dr. Beecher one of the most prominent authorities respecting Carlsbad, insists rather more on moderation, than on anxious selection of the food. Most physicians of Carlsbad say *“that a relatively healthy person in using the water, may eat and drink what*

he likes.“ The kind of diet of course depends upon the nature of the disease and the condition of the patient. While wellnourished persons should avoid or lessen the quantity of luxurious, fatforming food, weak and lean persons on the contrary should not fast, but look out for good nourishment. Full blooded patients ought to abstain from drinking ale, porter or beer, but to weak persons the use of Johann Hoff's Malt Extract may be recommended as a tonic while and after the use of the waters. He who can live on his own fat, should avoid the use of butter, but the lean should use it moderately. Obedience to dietetic directions is an essential condition for the successful use of the water.

DR. LUSTIG, ordinating physician of Teplitz, Austria, in his pamphlet on the action of the Natural Carlsbad Mineral Waters, says as follows: “If we carefully examine and weigh a patient before beginning a Carlsbad *cure* and repeat this procedure after its completion, we are enabled by this very simple and very easily-made experiment to understand and to correctly judge the action of these springs, namely, that they possess a solvent and liquifying effect upon organic substances. This is proved by the change produced in the patient's appearance, caused by the loss of flesh, and then there will also be noticed a loss in weight. This effect of the Carlsbad Springs is known and recognized all over the known world.

“About the way in which this effect is produced chemico-physiologically in the human organism, I will cite the opinion of two worldrenowned chemists and two competent medical authorities, which I abstract from the very interesting and instructive literature of Carlsbad.

"The two greatest chemists of the present age, the BARON VON LIEBIG and MOLESCHOTT, state the following in their organic chemistry concerning Carlsbad and the saponifying theory: 'It is more than probable that the main, specific and most important action of Carlsbad, the so-called solvent and liquifying action is dependent upon the alkaline constituents, i. e. the potassium, sodium and calcium. The action may find its explanation in the following: We know the bile to be a saponaceous, i. e., an alkaline combination, and that the physiological use of the billiary secretion is to free the system from its superfluous or used up carbohydrates, i. e., fats. Now, what nature accomplishes in its normal state, we produce artificially by the use of the Carlsbad Mineral Waters, thereby ridding the system of its superfluous fat in an increased ratio. This is produced by the alkaline constituents of the mineral waters being absorbed by the veins and lymphatics of the intestinal tract, and so, entering the circulation, especially of the portal system, from whence they are sent to all parts of the body, where, coming in contact with the adipose tissues, they enter into chemical combinations with them, which are then eliminated through the excretory organs, partly through the bowels, by increased stools containing large quantities of bile, and partly by the kidneys, the urine containing urea, uric acid, etc.'"

Prof. MICHAELIS says: "The inflammatory exudation products consisting of firmly coagulated fibrin, being a foreign body in the organism, are subject to the laws of chemistry. Theyre solve themselves into a granular substance giving of its nitrogen (the same as in putrifaction), in the form

of ammonia, whilst the other elements recombine to form fat. The eliminated ammonia saponifies a part of the fat, which being soluble in the blood serum is absorbed. The degree of solubility of the fat depends upon the quantity of ammonia which is liberated and the time allowed for it to act, the fat being absorbed in a direct ratio to the quantity of alkali present. Everywhere where a fibrous exudation is to be removed we resort to alkalies as the most rational remedies."

Dr. BERRES the well-known and highly esteemed physician and professor at the University in Vienna, has written a book on Carlsbad in the French language, in which he states: "The Carlsbad Waters act not only chemico-mechanically by means of their mineral constituents and the quantity of water drank, but also through their *electrical* effect. The patient taking with every glass of this vivifying water not only a certain quantity of soluble constituents, but also at the same time a galvano-electric stream which exerts its dynamic action mainly on the nerves of the abdomen, especially on the solar plexus and sympathetic nerves, which increases the positive electricity of the body."

BEWARE OF IMITATION!

AND SO-CALLED ARTIFICIAL MINERAL WATERS

Numerous artificial waters are made by unscrupulous parties which are alleged to be identical in composition and therapeutic action with the natural waters. They are not so however, neither chemically nor in their effects upon the system. They consist mainly of a solution of one or two or the cheapest of the chemical constituents of the natural water, but are no more identical with them than a compound of carbon, silica, lead, etc., which constitutes the artificial diamond, is identical with the natural gem. Indeed nearly all if not quite all of these artificial waters, which are produced to sell upon the high reputation gained by the natural product, are only worthless solutions and do not **even approximate the natural water in any respect**. Comparative chemical analysis and clinical experiments establish the truth of the above statements beyond question:

Abstract from a work published by L. Fleckles, Royal Pruss. Medical Councillor.

DYSPEPSIA.

Popularly the term dyspepsia signifies either a **disease**, or a **symptom** of a disease.

The most prominent sign of dyspepsia is inability to digest food; hence the terms **dyspepsia** and **indigestion** are used synonymously.

This inability may be only temporary and of short duration, **acute form**, or more permanent and of long duration, the **chronic form**.

A continuance of the **acute form** produces the **chronic form**.

Dyspepsia is characterized by pain after eating, flatulence, uneasiness and distress in the stomach, sour eructations, „heart-burn“, clouded thought, heavy dull feelings, and often vomiting.

In the severe types there is tenderness over the stomach, great distention, and profound depression of spirits, often amounting to melancholy.

These symptoms are referable to the decomposition of food, and the presence of new chemical compounds and gases, produced by the process of fermentation: for unless the function of digestion is properly performed, the food invariably undergoes fermentative changes.

These new and unnatural compounds acting together with the undigested particles of food, and the irritating gases, tend in time to greatly increase the causes upon which the trouble depends, and to further derange the function of digestion.

Thus **acute** dyspepsia tends to become **chronic**.

By their presence in the bowels after final passage from the stomach, these products of indigestion cause functional disturbance of the intestines, shown by colicky pain, tenderness, distention, diarrhoea, or constipation.

By their absorption into the system, they produce a variety of unhealthy conditions, having their origin in **perverted nutrition**.

These perverted functional conditions in time cause **blood changes** and consequent **nerve disturbance**. The nervous manifestations vary with the extent of the perversion of nutrition, and range from slight irritability, and loss of temper upon trivial provocation, to **melancholy**, **hysterics**, and even **acute mania**.

This can very often be verified in social life by the behavior of these patients. It frequently happens that such people are at one time sociable, very affectionate and agreeable in their behavior, whilst at other times they become irksome, excited, maliciously impertinent, and finally unbearable, a condition which can only be ascribed to the above mentioned diseased manifestations.

In this connection Dr. Lustig says: — "If the foulness of the stomach, *sordes gastricea*, is not removed in proper time a permanent digestive trouble cannot fail to make its appearance. If once produced, the stomach appears more or less distended and dilated, the appetite disappears altogether, the sleep becomes restless, the bowels irregular and the patient finally is troubled with eructations of gas and a sourish liquid which is accompanied by an unmistakeable mental derangement in the patient."

In the course of time this condition extends from the stomach to the bowels, causing obstruction of the veins of the abdomen. As a rule the glandular organs are engorged with blood, especially the liver. From this cause is found in such patients a hypertrophy, enlargement or cirrhosis of the liver, causing at the same time a defective secretion of bile which appears thickened in the biliary duct.

When once the veins of the abdomen become engorged, the stasis spreads to the larger venous trunks, they become over-filled with blood, become tortuous in their course, causing larger or

smaller nodules to form which, when they make their appearance in the rectum, are called **hemorrhoids** or **piles**, when on the low extremities **varicose veins**.

It is to the interest of all patients suffering from dyspepsia and indigestion to resort *in time* to such remedies as are based on scientific research, and which possess the property of dissolving organic substances; properties which experience teaches reside in the alkalies and which are possessed in an eminent degree by the Carlsbad Mineral Waters. *In time*, because many a patient later carries the germ on a fruitful soil for the eventual development of gall stones, stone in the kidneys and bladder, as also the degeneration (often-times cancerous) of the abdominal organs.

Bearing these facts in mind, I treat all dyspeptics and all the acute and chronic abdominal ailments in the main with the Carlsbad Mineral Waters, according, however, with the following.

DIRECTIONS FOR USE.

As soon as I have discovered a somewhat suspicious digestive trouble in a patient, I at once order the *Carlsbad Mineral Waters*, *cold in small doses*, advising him at the same time, if he is dependent on a continuous sitting habit for a livelihood, to exercise his muscular apparatus as much as possible. I order the waters *cold* because, only the alkaline solvent properties are needed. I order it in *small doses, i. e.*, one glassful taken morning, noon and night, one hour before meals, because small doses are more easily digested and better assimilated.

I advise muscular exercises in all cases where it is necessary to promote a better oxydation of the blood.

In this way it is an easy matter to completely cure a pretty advanced case of indigestion with a very few bottles of the imported Carlsbad Mineral Waters.

If the digestive trouble depends upon abdominal disease, then I advise a short treatment, consisting of from twelve to fifteen bottles at short intervals. In a very little time it will be seen whether the disease is ameliorated or not. The patient can then repeat the treatment two or three times during the year.

The genuine imported Carlsbad Waters and the Carlsbad Sprudels Salts are bottled at the Springs in Carlsbad, Austria, under the direct supervision of the municipality of Carlsbad. The water is exported only in bottles, each containing a German liter (one

and one-tenth of a quart) and packed in case of fifty bottles. Each bottle has a striplabel around the neck of the bottle bearing the signature of "Eisner & Mendelson Co.," sole agents for the U. S., which is a guarantee for its being genuine, as the imitators fear to commit a felony, by counterfeiting this signature.

DIET IN DYSPEPSIA.

Patients taking the natural thermal waters of Carlsbad or the Carlsbad Sprudel Salts (in powder form), for the cure of dyspepsia, gastric Catarrh etc. are advised to observe the following dietary regimen as nearly as their circumstances will permit.

Meat Broths, Raw Oysters,
Raw Beefsteak, minced,
Boiled Ham, lean.

Mutton Chops, Stale Bread,
Potatoes, baked or boiled dry,
Eggs, soft boiled or raw.

Vermicelli and other thin soups with stale bread,
Cold Roast Beef and Cold Roast Mutton.
Potato and Cream, Butter, no other fat.

Rice and Milk, Sago,
Tapioca,
Hominy, Crac' ers,
Baked Apples, Apple Sauce,
Grapes.

Giesshuebler Water.
Tea Coffee, sparingly and weak
Johann Hoff's Malt Extract.

Vinegar, Cayenne Pepper, Mustard, Horse Radish,
Raw Beef, minced.

Articles Forbidden.

Fried Potatoes, Fried Fish, Fritters, Fried Cakes, Veal Cutlets breaded, Pork, Liver, Crabs, Lobsters, Welsh Rarebit, Chicken Salad, Cheese, Boiled Cabbage, Lettuce and Salads generally; Mixed Dishes, Made Dishes, Hot Bread, Beef, Sausage, Plum Pudding, Pies and Pastry; Strong Alkaline Waters, Purgatives generally, Strong Soda Waters with Syrups, Whiskey, Tobacco.

Dr. C. FAYETTE TAYLOR,

in an article published in the *Boston Medical and Surgical Journal*, says:

“There will always be a certain number of persons with affections pathologically suitable who cannot afford the expense or who should not bear the fatigues of a long and wearisome journey, in whose behalf the question will arise in regard to the propriety of the home use of the Carlsbad Water. It is a delicate question, but I do not hesitate to affirm that, with proper management the use of Carlsbad Water may be as efficacious at home as in Carlsbad itself, provided all the conditions for success are strictly complied with.”

DIABETES.

Dr. J. Seegen, Professor of Medicine at the University of Vienna in his celebrated work on diabetes mellitus, just published, says: “Of all remedies in my large experience with this disease, and the many experiments which I, as well as such prominent men as Anger, Fleckles, Hlawazek and others, have made, Carlsbad Water deserves to be placed in the first rank.

All the above writers agree with me that the use of the Carlsbad Waters exerts a very beneficial influence in Diabetes. I have in the course of many years treated a very large number of patients suffering with the disease, and have, with great interest, noticed the effect of Carlsbad Water in reducing the amount of sugar. My invariable experience has been that almost without exception an improvement was marked and noticable during and after the use of the waters, even where no strict diet was observed. For dieting, Prof. Seegen recommends “Almond Bread” in preference to “Gluten Bread”. The formula how to prepare the “Almond Bread” for diabetes will be found below.

PROF. SEEGEN'S Receipt for „Mandel Brod.“ (Almond Bread.)

Pound in a stone mortar $\frac{1}{4}$ lb. of peeled sweet almonds, to a very fine powder. Put the powder in a linen bag and insert this bag in boiling hot water for a $\frac{1}{4}$ hour. Then mix the powdered almonds with 3 ounces of butter and 2 eggs. Add to this mass the yolks of 2 eggs and a little salt, stir all of it well for some time. The wiff of three eggs can be beaten into snow and also

stirred into the above mass. A paper or any tin from is then greased with melted butter and the above dough is then baked in a slow oven.

No. 1 E. 55TH STREET,

NEW YORK CITY, NOV. 11 TH, 1887.

At intervals for years past I have suffered the many ills incident to a uricacid diathesis—for eighteen months a rheumatic affection of both shoulders gave me severe pain and made dressing without assistance a very distressing operation. During this period my system at times showed some disposition towards a gouty glycosuria, due I presume to my general gouty condition and not to real diabetes. I have subjected myself for months to the severest rules of diet recommended for such conditions and used almost all the remedies prescribed for gout and rheumatism without any benefit until I heard of your imported Carlsbad Sprudel Selt Powder, which I used faithfully for six weeks, dieting for the first three weeks and afterwards eating almost anything I desired. After careful chemical examination every week for eight weeks past, I find that all traces of sugar disappeared after the first ten days. All the gouty or rheumatic symptoms left me after the fourth week; my complexion cleared and my general health and spirits have become excellent once again. Your "Sprudel Salts" deserves the widest publicity and I take great pleasure in bringing this fact to your notice.

C. NORTON.

THE GENUINE CARLSBAD SPRUDEL SALT,

(POWDER FORM),

Is an excellent Aperient, Laxative and Diuretic.

As an aperient it should be taken early in the morning before breakfast. One teaspoonful dissolved in a glassful of water.

It is easily soluble (in warm water), palatable and permanent.

It is also used as an adjunct to the Natural Carlsbad Water to increase its aperient action.

Dose, one teaspoonful with the first tumblerful of the Carlsbad water (previously dissolved in a little warm water), early in the morning before breakfast.



Facsimile of Bottle. (Two-thirds of actual size.)

THE GENUINE Imported Carlsbad Sprudel Salt, (Powder form),

is obtained from the Carlsbad Sprudel by evaporation. This is done under the direct supervision of the Municipality of Carlsbad. The Genuine Carlsbad Sprudel Salt is sold only in bottles like this cut of the bottle. Each bottle comes in a light blue paper cartoon, and has the seal of the City of Carlsbad, and the signature of "Eisner and Mendelson Co." on the neck of every bottle, and on the outside cartoon.

Beware of Imitations.

Numerous imitations are sold in the U. S. by unscrupulous dealers, in bulk and in bottles, under different names. The Genuine is never sold in bulk. Please insist upon the genuine article for your own protection.



ISNER & MENDELSON CO
SOLE AGENTS, NEW YORK

MATTONI'S GIESSHUEBLER NATURAL + MINERAL + WATER.

"The Empress of Table Waters."

THE PUREST ALKALINE ACIDULOUS SPRING.

The world-wide reputation enjoyed by Carlsbad for Centuries has, for many years past, been deservedly shared by the neighboring GIESSHUEBLER, with its *acidulous alkaline springs*.

This has been chiefly caused by the result of the exhaustive analyses lately made of those waters, especially by the eminent PROFESSOR LIEBIG, as well as by the widely published results of trials made with them by experienced clinical teachers (KROMBAOLL, OPPOLZER, LOSCHNER, SEEGEN), and other medical practitioners.

The GIESSHUEBLER WATER, excelling as it does, all other similar waters, is a *mild*, and at the same time, a *pure alkaline sodaic spring*. It not only forms a highly valued medical remedy, but also an excellent beverage. It was the first sodaic spring discovered, analyzed, and used for medical purposes. It forms the favorite and almost exclusive beverage of the patients at Carlsbad, who are strongly advised to continue its use at home.

AS AN ORDINARY SPARKLING BEVERAGE the GIESSHUEBLER WATER is more pungent, cooling, and agreeably refreshing than any other water containing carbonic acid

gas. Its effervescence is purely natural (not like water charged with foreign gases), and therefore free from the injurious results which frequently attend the use in large quantities of other waters. It may be consumed in any quantity during the day, either with or without wine or spirits. It is well adapted for mixing with white acidulous wine, since the bicarbonate of soda contained in it neutralizes the acid of the wine, and thus discharges the carbonic acid gas, imparting an agreeable taste to the palate. When mixed with Champagne, Claret, Hock Brandy or Whiskey, it in no way destroys their character.

Analysis of the GIESSHUEBLER WATER by Professor NOWAK, Vienna University, 1878.

In 10.000 grammes.

Temperature 7·2 to 7·5 R. = 45° 5 F.	
Alumina	0·0290
Chlorate of Potash	0·3038
Sulphate of "	0·3397
Bicarbonate of Potash	1·0826
" " Soda	11·9280
" " Lithia	0·1039
" " Strontia	0·0298
" " Protoxide of Manganese	9·0138
" " " " Iron	0·0360
" " Magnesia	2·1339
" " Lime	3·4384
Silicic Acid	0·5941
Real free Carbonic Acid Gas	23·7594
Total constituents	<u>33·7980</u>

Real free carbonic Acid gas, measured by volume, at the normal temperature and normal standard of the barometer: in 10,000 cubic centimeters—12870, c. c.

The general indications for the use of the GIESSHUEBLER WATER are consequently *catarrhal affections of the stomach and intestines, dyspepsia, heartburn, vomiting and diarrhæa, caused by a surplus acid; stagnations in the mesenteric vein and in the biliary ducts; jaundice, gravel in the kidneys, piles, gout, and catarrhal affections of the bladder in their lighter forms.*

In addition it may be stated, that the GIESSHUEBLER WATER is partaken of with great advantage in cases of CATARRHIAL AFFECTIONS OF THE RESPIRATORY ORGANS. Mixed with warm milk or wine, it has a stimulating action on the diminished mucous secretion, and, at the same time, is invigorating and nourishing.

The GIESSHUEBLER WATER, on account of its agreeable taste and its mild and yet decided action, is well adapted for children, delicate and weak ladies, and for gentlemen enervated by a long standing illness. In these cases the use of acidulated cold alkaline hot springs is restricted on account of morbidly increased nervous sensibility.

The beneficial action of this acidulous Spring during a cure at Carlsbad is also acknowledged by the physicians residing in that place, and it is generally recommended as an after-cure. Independently of its important medicinal value, the GIESSHUEBLER stands FOREMOST AMONG ALL OTHER SIMILAR MINERAL WATERS AS A COMMON BEVERAGE, with or apart from the meals, because it QUENCHES THE THIRST, causes a **refreshing, strengthening, and invigorating sensation**, and imparts to the system a **cooling and comforting influence**.

Concerning the mode of its use in general, it may be said that as a curative agent it may be taken every two hours, and not too cold, while as a COMMON BEVERAGE *it may be consumed in any quantity desired during the day (either with or without wine or spirits).*

Experience has shown that this Mineral Water will keep unchanged for years, if stored in a cool place, and is well suitable for exportation. This is proved by the regular large quantities forwarded to Batavia, the East Indies, Buenos Ayres, New York, and other transatlantic places.

Another great advantage of the GIESSHUEBLER WATER is, that it retains its gas for an unusually long period after the bottle has been opened.

It is highly recommended for use in families, bathing establishments, hotels and hospitals.

The GIESSHUEBLER WATER is best kept in a cool, airy and moderately dry place the bottles being laid on their side either on dry sand or a wooden rack.

The hydro-therapeutic action of the carbonic acid in Mattoni's Giesshübler is far superior, because it is contained therein in better proportion to all other of its constituents, than in any other carbonated water. "Mattoni's Giesshuebler" fully deserves to be placed in the first rank of all alkaline, sodaic carbonated waters.

The GIESSHUEBLER WATER is imported in cases of 50 bottles (great Bordeaux bottles), and 100 Pint bottles and has the name of FISNER & MENDELSON CO. Sole Agents for the U. S. and Canada on the label.

The price, per case, quarts (50 bottles) is Dollars 7.50.

" " " " Pints (100 ") " " 10.50.

TESTIMONIALS.

Dr. GARROD, F. R. S., Fellow of the Royal College of Physicians, Consulting Physician to King's College Hospital, late Professor of Therapeutics at King's College, London, in his Treatise on Gout, and Rheumatic Gout, says: — "The waters of Carlsbad are employed to most advantage in cases of Gout. The GIESSHUEBLER WATER is mildly alkaline, and should be used by gouty sufferers; IT FORMS A VERY AGREEABLE BEVERAGE, and is slightly diuretic."

PROFESSOR VON LIEBIG, Professor at the University of Munich, after making an analysis of the water, says: — "The GIESSHUEBLER WATER is a mild pure alkaline acidulous spring; it may serve not only as a curative agent, but may also be recommended as **the healthiest possible beverage.**"

BARON VON LOSCHNER, Physician in ordinary to the Emperor of Austria, says: — "The GIESSHUEBLER WATER **can be recommended as the very best of table waters**, having an agreeable taste, being easy of digestion, and containing a **large quantity of carbonic acid gas**, its primary effect is to **remove acidity by neutralizing the superfluous acid of the stomach**, at the same time **gently stimulating the nervous functions**, and thus causing an **increased action of the digestive organs.**"

INSPECTOR GENERAL MACPHERSON, M. D., author of Baths and Wells of Europe says: — "I have been for many years familiar with the use of the pleasant acidulous GIESSHUEBLER

WATER, which is extensively employed in Germany. **It is one of the best of the alkaline table waters**; is useful in **dyspepsia, gout**, and the other affections in which the use of such waters is indicated, and I am glad to find that it has been introduced into England." He also said, in the British and Foreign Medico-chirurgical Review, when speaking of simple acidulous alkaline waters, "GIESSHUEBL, the chief of the many springs of this kind near Carlsbad, is largely exported, especially to the Indies. Waters like these are of very considerable value in the regimen of patients, and it is very desirable that they should be sold at a price which shall render their use, by all who may require them, tolerably easy. And it is difficult to suppose that such waters do not meet a real want when we hear of Germans in New Zealand ordering a supply of their favorite GIESSHUEBLER."

Dr. VON KROMBOLZ, Professor at the University of Prague, says: "The GIESSHUEBLER WATER is a VERY BENEFICIAL BEVERAGE, and acts in a salutary way upon the whole alimentary system of the human body."

Dr. J. KRAUS, Consulting Physician at Carlsbad, author of *Medical Guide concerning the use of the Mineral Waters at Carlsbad*, says: — "The GIESSHUEBLER SAUERBRUNN, the purest alkaline acidulous spring, forms a **very agreeable and refreshing beverage**, it removes acidity in the stomach, **gently stimulates the intestinal tract**, increases the urinary secretion, and combines the effects of a good drinking water with those of a mild curative spring. It can be consumed in almost any quantity, is strongly recommended in cases of gout, dyspepsia, and liver complaints, and as a table water it is unequalled."

Professor Dr. Nowak of the University of Vienna says: "The Giesshuebler water contains in 10,000 c. c. (10 Liters) 23.7396 grammes or in volume 1287 c. c. of free carbonic acid which is by the temperature of the Spring 7, 7 c. the largest amount of free acid which it can possibly contain. No other spring can therefore excele MATTONI'S GIESSHUEBLER which will remain unchanged even for a number of years if kept properly."

Dr. Hans Reschner, City Physician of Carlsbad, and honorary member of the Medical College of Chicago, says:

"I acknowledge that I have used "Mattoni's Giesshübler" during the last fourteen years in my practice and I think it is the best alkaline acidulous water, which I know of and of excellent use during a Carlsbad Cure and **specially after the use of the Carlsbad Water.**"

THE EISNER & MENDELSON Co., New York.

In reply to your request for my opinion of the GIESSHUEBLER WATER, both as a table and medicinal water, I would say that it belongs to the bicarbonated alkaline (sodic) waters, of which the waters of Vichy, Vals und Bilin are well known examples.

The Appollinaris and Selters belong to the chlorinated Sodic waters. This water is, however, much less alkaline than most of the Springs of Vals, some of them containing 477 grains of alkaline bicarbonates to the gallon, while the Vichy Waters contain from 322 to 380 grains. The GIESSHUEBLER contains only about 91 Grains.

I consider it, therefore, the best table water we have. It is in all respects a natural water, both as regards gaseous and solid constituents. Besides being palatable, and having the merit of mixing perfectly with wine and spirits, I can recommend it for use here, because owing to climate and much that is bad in our American *cuisine*, and to other causes, lithic or uric acid, and digestive derangements are extremely common with us, indeed almost the rule. The alkaline bicarbonates which this water contains in moderate amount are valuable in acidity of the *primae viae*, while the manganese and iron are tonic.

A very important characteristic in the prevention of and as a solvent of lithic or uric acid, is the Lithia which the Giesshuebler contains, it being a strong *lithia* Water, containing a twelfth of a grain to pint. I regard it as in the highest degree irrational and harmful to recommend any water or thing as a curative of any special renal conditions. I can only say that the Giesshuebler has its uses in preventing certain renal difficulties, especially the formation of uric acid. I am glad that the water has been introduced here by your well known firm.

I have passed a good deal of time at foreign springs, and know how conscientiously and under what favorable circumstances the waters are bottled. I regret to say that medical hydrology has, up to the present time, received so little attention in this country, that I am not inspired with great confidence as regards

same of our American bottled waters corresponding perfectly with the analyses that have been made by able chemists.

4 East 41st Street,
New York, April 15, 1889.

Yours respectfully,

H. B. MILLARD, M. D.
(*Foreign Corresponding Member of
the Society of Medical Hydrology
of Paris,, etc., etc.*)

What is the most dangerous drink known to man?
by Dr. Titus Munson Coan of Newyork.

It is not whisky, raki, or absinthe: it is impure drinking water. The poisons that are borne by this apparently harmless medium are so difficult of detection, and often so fatal, as in the case of the cholera and other epidemics which are disseminated by means of ordinary drinking water, that even the most fiery stimulants would be preferable, as far as immediate safety goes, to the water that is put before us, sooner or later, at hotels, boarding-houses, or even upon our own tables. The danger is one that cannot be overestimated.

But the risk of microbes and other impurities in our drinking water, very happily, does not force us to any such hard alternative as the constant use of stimulants. There are mineral waters which are absolutely pure, which are the most delightful of beverages, and which in addition are tonic in their effects. Among these it is the question how to choose. Some are the more desirable as tonics, some as beverages. The Mattoni's Giesshuebler Water combines both merits. It is an alkaline acidulous water, sparkling, limpid and colorless, and contains just enough acid to make it tasteful and digestive. As much as this may be said of some other waters. But the Giesshuebler has the crowning charm that it is a delicious drink. No other wather in the whole "gamut" of mineral springs can surpass it in all the qualities which fit it for a table water. Itself a delicious beverage, it may be drunk almost wihout reserve; while for mixing with acid wines it is unrivaled. Added either to our own native clarets or to the imported red wines it forms an ideal combination.

The peculiar merit of the Giesshuebler is thus its combination of tonic qualities with a peculiarly delicious taste. In these it is surpassed by no other water upon the market, either in Europe or in America, and I commend it to espicial favor.

Dr. B. London, Carlsbad, says:

"Among all the acidulous water I know of, **MATTONI'S GIESSHUEBLER** is the **purest** and **best**. It is also of great value in the treatment of catarrh of the stomach and the intestines, hemorrhoids, gout, bronchial catarrh, yellow jaundice, muscular rheumatism, etc.

"As a beverage during and after the use of the Carlsbad Mineral Waters it is highly to be commended."

"It is a pleasant and very refreshing **Table Drink**, invigorating and stimulating, and exerts a cooling influence upon the whole body."

"Dr. Abeles, of Carlsbad, says:

„**MATTONI'S GIESSHUEBLER** is an excellent alkaline acidulous water and I recommend it always as the **most healthy Table and Dietetic Beverage.**"

THE GENUINE MATTONI'S GIESSHUEBLER

Is bottled direct at the Springs in "Giesshuebel-Puchstein", near Carlsbad. Visitors to Carlsbaad can drive over to the Springs in a little more than one hour and visit the same.

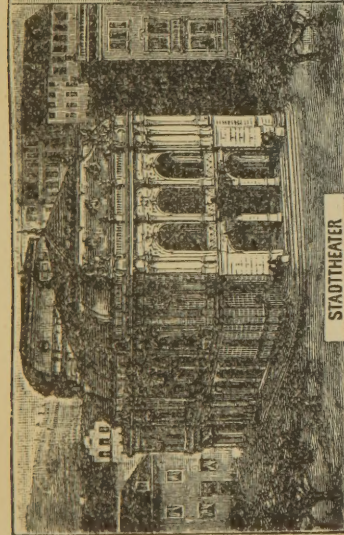
It is exported in Bordeaux bottles (Pints and quarts) as shown on first page of this pamphlet. The label bears the name and address of Eisner & Mendelson Co., Sole Agents, without which none is genuine.

Shipped upon receipt of price, Doll. 7.50 per case, quarts, to any part of the U. S. HEINRICH MATTONI, Giesshuebel.

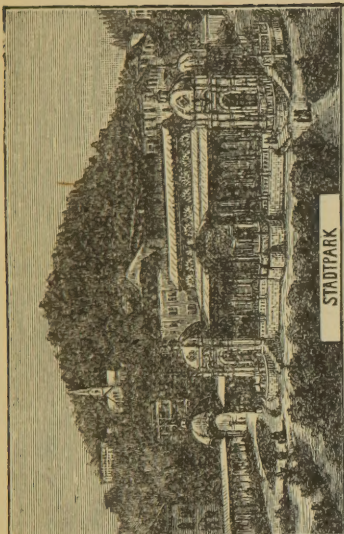
EISNER & MENDELSON CO.,

Sole Agents for the United States and Canada,

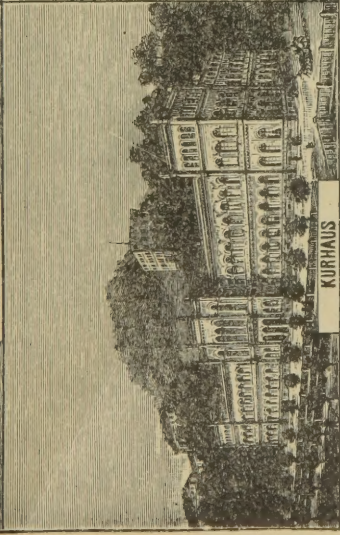
6 BARCLAY STREET, NEW YORK.



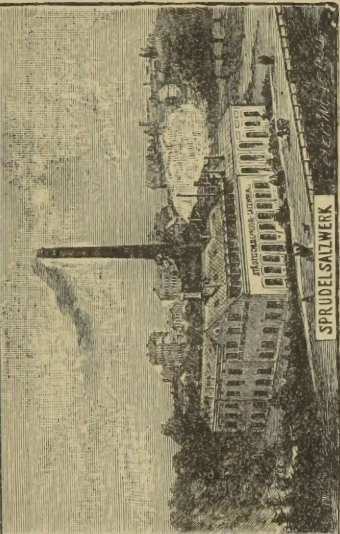
STADTHEATER



STADTPARK



KURHAUS



SPRUDELSALZWERK



CARLSBAD Sprudel Lozenges.

DIRECTIONS FOR USE.

In case of excessive acidity of the stomach or indigestion 3 or 4 lozenges may be taken about half an hour after each meal and in all other cases the same quantity may be taken 2 or 3 times a day without regard to meals. If the complaints be of a particularly troublesome and obstinate nature, as many as 25 lozenges may be consumed during the 24 hours. The lozenges must not be dissolved in water, but each one must be separately dissolved in the mouth.

The Carlsbad Sprudel Lozenges are sold in large and small boxes (containing respectively 44 and 24 lozenges). The boxes are closed by paper bands like the above fac simile of the Trade Mark.

Price, One Box,	-	-	50 Cents.
"	"	Large Size,	75 "

Mailed upon receipt of price to any part of the United States.